



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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Prevent Lyme disease

Lyme disease is caused by bacteria spread through the bite of infected ticks. Symptoms include fever, headache, fatigue, and a skin rash called erythema migrans, otherwise known as a bull's eye rash. If left untreated, infection can spread to joints, the heart, and the nervous system. While it is a good idea to take preventive measures against ticks year-round, take extra caution in warmer months (April-September) when ticks are most active. The blacklegged tick (or deer tick, *Ixodes scapularis*) spreads the disease in the Midwest.



To prevent Lyme disease:

- Avoid wooded and bushy areas with high grass and leaf litter.
- Use repellents that contain 20 to 30% DEET on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions.
- Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>
- Conduct a full-body tick check upon return from tick-infested areas.
- Bathe or shower as soon as possible after coming indoors (best done within two hours) to wash off and more easily find ticks that are on you.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later.
- Putting clothes in a dryer on high heat for an hour will kill ticks.

You can make your yard less attractive to ticks by using landscaping:

- Clear tall grasses and brush around homes and at the edge of lawns.
- Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas and around patios and play equipment. This will restrict tick travel into these areas.
- Keep playground equipment, decks, and patios away from yard edges and trees and place them in a sunny location, if possible.
- Remove any old furniture or trash from the yard that may give ticks a place to hide.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Kids in the Kitchen

Letting kids learn to cook HELPS you and is a great way to be a healthy role model. Get your children to help in the kitchen. To be safe, think about what children are capable of doing.

Two-year olds can learn to use their arms and hands to scrub, tear, snap, and dip—let them help make salad!

Three-year olds use their hands and fingers better to pour, mix, spread, and shake—have them help make sandwiches or salad dressing.

Four-year olds are perfecting fine motor skills with hands and fingers to peel, mash, crack eggs and roll—making fruit salad or mashing veggies.

Five-year olds are learning hand-eye coordination to measure, cut, grind and grate foods. Let them help you measure ingredients and do more food preparation.



Source: *Raising Healthy Eaters*, UW-Extension

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Aug 5th—Muscoda Kratochwill Bldg from 2:00pm to 6:30pm

Aug 6th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Aug 11th—Boscobel United Methodist Church from 9:30am to 3:30pm

Aug 12th—Fennimore United Methodist Church from 9:00am to 3:30pm

Aug 18th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Aug 20th—Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

Aug 25th—Lancaster St Clement Parish from 9:00am to 3:30pm

Aug 27th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:
September 7, 2015

Think Healthy. Swim Healthy!

We all share the water we swim in, and each of us needs to do our part to help keep ourselves, our families, and our friends healthy. Healthy Swimming behaviors will help protect you and your kids from illnesses spread through water. (Chlorine and other disinfectants don't kill germs instantly.)

A few easy and effective steps **all swimmers** can take each time we swim:

Keep the pee, poop, sweat, and dirt out of the water!

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.

Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.



For more information visit:

www.cdc.gov/healthywater/swimming/

Get Ready for School

The State of Wisconsin requires booster vaccines when students enter Kindergarten and 6th grade.

For kindergarten students need:

DTaP #5

Polio #4

MMR #2

*Chickenpox/Varicella#2

(*Or history of disease)



Students entering 6th grade are required to have one dose of Tdap (tetanus, diphtheria and pertussis) or Td (tetanus and diphtheria) vaccine in the past 5 years.

Students should receive the needed vaccines before school starts this fall. After your child receives his/her immunizations, please send the immunization dates to your school. The Grant County Health Department provides immunizations free for children with BadgerCare or no insurance to cover vaccines. The Tdap vaccine is currently free for persons 10 years and older. Call the Health Department with any questions at 723-6416.

When You're Ready to Quit, We're Ready to Help

Tobacco use remains the single largest preventable cause of disease and premature death in Wisconsin and the US, killing more than 7,000 Wisconsinites every year and more than 480,000 nationwide. That's more than the combined deaths from AIDS, suicide, homicide, drugs, alcohol and motor vehicle accidents.

The Wisconsin Tobacco Quit Line offers free, confidential, coaching and information about how to quit tobacco. The Quit Line also sends callers a free quit guide with information about quitting methods, medications and other tips.

Research shows smokers who use the Quit Line are **four times** more likely to quit than if they try to quit on their own. The Quit Line is available 24 hours a day, 7 days a week.

Call 1-800-QUIT-NOW (800-784-8669) to get started. Or visit <http://www.ctri.wisc.edu/quitline.html> for more information.



A Safe Ride?

Car seats can save lives-but nearly three out of four parents make these five common mistakes:

- ***Wrong harness slots:*** For rear-facing seats, use slots at or below child's shoulders; for forward-facing seats, use those at or above the child's shoulders.
- ***The harness straps are too loose or twisted:*** There should be no slack; keep harness straps snug, straight and flat.
- ***The harness retainer clip (chest clip) is over the abdomen:*** Fasten clip over the middle of the chest at armpit level.
- ***The car seat moves more than two inches when pulled side-to-side at the base near the belt path:*** More than one inch of movement is too much.
- ***When using a booster seat, the lap belt rests over the child's stomach or the shoulder belt is over the face or neck:*** Lap belts must lie snugly across the upper thighs and shoulder belts across the shoulder and chest.



Always refer to the child safety seat instructions and vehicle manual instructions for weight limits, proper use and installation. To meet with a certified child passenger safety technician regarding installation and safety of your existing car seats or how to obtain an age-and-size-appropriate car or booster seat contact:

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